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WOMEN GATHER TO CELEBRATE WOMEN'S HEALTH WEEK

Senator Sharon Weston Broome hosting rally and free wellness day in Baton Rouge

BATON ROUGE – State Sen. Sharon Weston Broome and the Louisiana Center for Health Equity (LCHE) are hosting a rally and health summit on May 13 in recognition of national Women's Health Week.

The rally and press conference which will include women from across the state will start at 9 a.m. on the steps on the State Capitol. The Women's Health Day and Retreat 2015: Celebrating Wellness and Culture will be held from 10 a.m. to 3 p.m. at the Capitol Park Welcome Center, 702 N. River Road.

The event is designed to raise awareness about significant women's health issues by providing important information to empower women to lead healthier lives. Seminar topics will include Women's Health and Wellness, Access to Health Care, Nutrition and Health for a healthier you, and Ending the School to Prison Pipeline for Stronger Families. Attendees will be able to participate in small group discussions.

"We are very excited to be part of this project again along with Senator Sharon Weston Broome and the Louisiana Legislative Women's Caucus Foundation," said Alma C. Stewart, president of LCHE.

Louisiana women's health does not fare well compared to counterparts around the nation. According to a report published by the Kaiser Family Foundation, *Putting Women's Health Care Disparities on the Map* (2009), Louisiana ranked worse than average. The National Women's Law Center ranked Louisiana second-worst, after Mississippi, on its 2010 women's health report card. Sedentary living, obesity, unhealthy eating, and smoking rates are high in the state and a quarter of women lack health insurance.

"Women tend to be the primary caretakers and often make healthcare decisions for the family," said Sen. Broome. "The statistics above illustrate the importance of educating and empowering women to be healthier and make better decisions."

The event is free and open to the public.

For more information, go to www.facebook.com/WomensHealthDay or send an email to info@lahealthequity.org or call 225-772-7029.